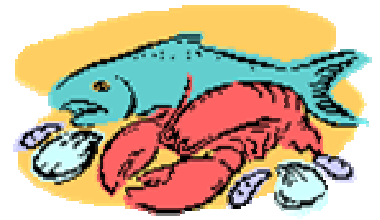


# Fish is an Important Part of a Healthy Diet!

Fish is a good source of nutrients that are important to a baby's growth. Fish contain high levels of protein and omega-3 fatty acids, a key nutrient for brain development. Many health experts recommend eating fish during pregnancy.



However, some fish contain levels of methyl mercury that can be a risk during pregnancy or to young children. Therefore, carefully choose which fish to eat. The following information will help you buy the best fish for you and your children.

The NH Department of Environmental Services recommends:

## For Women of Childbearing Age and Young Children

### BEST CHOICES (2 meals per week):

Catfish, Cod, Flounder, Haddock, Herring, Light Tuna (canned), Pollack, Sole, Salmon, Tilapia, Trout and Shellfish (Oysters, Shrimp, Crab, Clams, Scallops, Lobster)

OR

### GOOD CHOICES (1 meal per week):

Halibut, Red Snapper, Tuna Steak, White Tuna (canned)

### AVOID:

King Mackerel, Swordfish, Shark, Tilefish

For more information contact the NH Department of Environmental Services at 603-271-1370 or see

<http://des.nh.gov/organization/commissioner/pip/factsheets/ard/documents/ard-ehp-25.pdf>

Or visit the Environmental Protection Agency's fish consumption website at

<http://www.epa.gov/ost/fish>

